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ADAM LEVINE NOT A FAN OF THE REALITY TV SHOW PAGE 14

CALGARY metro®

Tuesday, December 4, 2012

News worth sharing.

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THE DUCHESS IS DUE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal in cycling on Aug. 2 at the Olympic Games in London. The couple have announced they are expecting their first child. Story, page 8. Curious to see what the future monarch could look like? Metro used the power of the Internet and two archival photos to make our own royal newborn. See the results at metronews.ca/royalbaby. PASCAL LE SEGRETAIN/GETTY IMAGES FILE

Premier Redford cleared

Allegations. House Speaker rules against Opposition’s charge that the premier was in contempt of the legislature

Alberta Premier Alison Redford has been cleared by the legislature Speaker in allegations she deliberately misled the house about her role in awarding a government contract to her ex-husband’s law firm.

Speaker Gene Zwozdesky, in a ruling delivered Monday, said there is no clear evidence Redford made false statements to the house when she denied making the decision to pick the law firm that includes her ex-husband, Robert Hawkes.

“This is getting into a case of semantics, but it is evident there was no final decision made as to the selection of a law firm for the tobacco litigation when the premier was minister of justice,” said Zwozdesky.

Zwozdesky was ruling on a motion made last Thursday by the Opposition Wildrose party to have Redford found in contempt of the legislature for making misleading statements.

Outside the legislature Wildrose house leader Rob Anderson said Redford won on legal technicalities, but said Albertans will judge the issue on common sense.

“The Speaker can say that black is white and the sky is green, but that doesn’t make it true,” said Anderson. “I think we’ll just leave it to Albertans to decide who was right and who was misleading folks in this case.”

THE CANADIAN PRESS

Quoted

“I think we’ll just leave it to Albertans to decide who was right and who was misleading folks in this case.”

Wildrose house leader Rob Anderson

Sharing the teddy bears

Calgary Hitmen deliver stuffed animals directly to kids, local charities PAGE 4

Flip-flopping on gun flap?

Justin Trudeau gets heck from both sides about his views on gun control PAGE 9

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West LRT

Concerned commuters in city's west will get their say

While some commuters are frustrated by bus-route closures with the opening of the West LRT, Calgary Transit says they'll be able to speak their minds on the changes come February.

Calgary Transit plans to hold a public hearing at that time to address concerns with the new LRT line after it has had a few months to operate.

Transit planning co-ordinator Neil McKendrick is aware some commuters aren't pleased with alterations to city bus routes.

"We've been through this in all the other areas where we've introduced a new LRT line or a new LRT station," McKendrick said.

Despite the added transfer for many routes, McKendrick said the new system would still be more efficient for commuters than the bus system — especially during rush hour.

"We can give them a bus route that is a fairly short ride, put them on a train that will have lots of capacity and get them past some of the worst traffic congestion in the city," McKendrick said.

Coach Hill resident Myrtle Sproule, who launched an online petition due to the closure of bus route 101 in the area, said she's worried the February meeting would bring little change.

"They're probably just hoping that people will get used to (the new system) by February," Sproule said.

RYAN KESSLER/FOR METRO

For more local news go to metronews.ca

New proposal. Premier believes teacher contract talks still in 'early days'

Alberta's premier avoided weighing in on a new contract proposed on Monday by the provincial teachers' union, despite a looming deadline set by the group.

The Alberta Teachers' Association (ATA) offered a two-year freeze on teacher-salary grids in exchange for limiting assigned working hours for its members to 1,200 per year. ATA president Carol Henderson set a deadline of Monday to hear a response from Premier Alison Redford.

"I think (it's in its) early days and we will continue to keep working on those negotiations," she said. The ATA has maintained that it's fully prepared to turn to local bargaining with individual school boards.

METRO

Gambling. Casino puts up financing for Balzac horse-racing track

Horse racing near Balzac is back on the table after a casino agreed to put up $13 million in financing for the proposed project.

Geoff Smith, managing director for Century Casinos in Alberta, said Monday the company has partnered with United Horsemen of Alberta to move the long-discussed idea forward.

The facility would include a 1.1-kilometre track, 625 gaming machines and off-track betting.

The Alberta Gaming and Liquor Commission put a moratorium on new gaming expansion two years ago, said spokesperson Jody Korchinski, but the application for this project was submitted beforehand. ROBSON FLETCHER/METRO

City to borrow $5M for soccer centre, letter says

Skirmish. City officials expected to go public with details this week after opting against renewing lease with Calgary Soccer Federation

JEREMY NOLAIS
jeremy.nolais@metronews.ca

As part of a decision to cut ties with the Calgary Soccer Federation, city council has privately approved plans to borrow $5 million more to build a replacement structure for a twice-collapsed bubble dome at the Subway Soccer Centre, a letter indicates.

The document obtained by Metro, which is dated Nov. 23 and addressed to federation president Angus Smith from city recreation director Kurt Hanson, confirms the city will not renew its lease with the federation, ending a 20-year relationship at the facility, and says council has moved to arrange financing for an additional $5 million.

Officials with the city said they were unable to comment on the project, citing "confidential negotiations."

"I can assure you that both the city and the federation share the common goal of ensuring the sport of soccer continues with no impact to Calgarians," said city spokesperson Sheila Rougeau.

The replacement structure intends to fill a void left by a collapsed bubble dome that the federation opted against reinflating in late 2010. That project's budget was originally pegged at $6.1 million, but has since risen to $10.5 million.

Darryl Leinweber, executive director for the Calgary Minor Soccer Association, said he was "surprised" to learn the CSF's lease was not being renewed and expressed concerns that fees could rise.

"I know that the indoor soccer rates for (local) youth are probably one of the highest in the country and I don't know what the implications are going forward," he said.

Funding details

The letter indicates the $5 million in financing provided to the city for the Subway Soccer Centre replacement structure would be over and above prior commitments to the project from council, including $2.3 million in Municipal Sustainability Initiative funding approved during a meeting in November.

Thousands of athletes use four fields at the Subway Soccer Centre, seen here, every year. METRO FILE

Hockey players hand out annual teddy-bear haul

Share the bears.
Donated stuffed animals spread between 50 local charitable groups

ROBSON FLETCHER
robson.fletcher@metronews.ca

Less than a day after collecting roughly 22,000 teddy bears from the Scotiabank Saddledome ice, the Calgary Hitmen helped deliver the stuffed animals directly to kids and local charities Monday.

Members of the city's WHL franchise were up bright and early, hauling bag after bag from the back of a semi trailer and loading them into waiting vehicles for the Salvation Army, Calgary Food Bank and dozens of other charitable organizations.

Left-winger Brendan Hurley said he and his teammates could barely fit into the trailer to start moving the stuffed animals out.

"A bunch of us climbed into the back and we were pretty much up to the roof," he said.

By mid-morning, the Hitmen were hand-delivering hundreds of bears to kids at the Alberta Children's Hospital.

"The kids just love it," said Liz Ballendine of the Alberta Children's Hospital Foundation.

"It's always so nice to realize that people outside the hospital are thinking of them."

The Calgary Food Bank received 100 bags full of stuffed animals, which spokesperson Kathryn Sim will be handed out to families with children throughout December and will also be included as gifts in "birthday kits" for even more kids well into 2013.

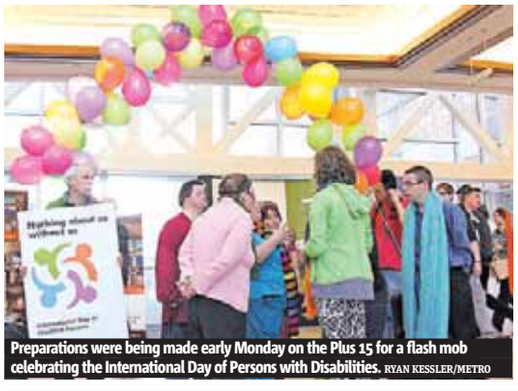
Charity

The 18th annual Teddy Bear Toss was a success.

- **Donated.** The stuffed animals were donated by Hitmen fans at Sunday's game against the Kootenay Ice, as part of the 18th annual Teddy Bear Toss.
- **Fans.** As is tradition, fans flung the animals onto the ice in a giant cascade after the Hitmen's first goal of the game, scored this year by Pavlo Padakin.

Calgary Hitmen defenceman Spencer Humphries hands a stuffed animal to Olivia Dailey, 3, at the Alberta Children's Hospital while her father Mark Dailey looks on. ROBSON FLETCHER/METRO

Flash mob celebrates ability of people with disabilities



Preparations were being made early Monday on the Plus 15 for a flash mob celebrating the International Day of Persons with Disabilities. RYAN KESSLER/METRO

Mary Salvani twirled a blue ribbon and danced through the Plus 15 Monday to show Calgary the root word of disabled is "able."

She participated in a flash mob celebrating the International Day of Persons with Disabilities, held annually on Dec. 3. This year's theme is "accessibility and inclusion."

"Every day is a struggle just to get from here to there," Salvani said. "We need to change people's attitudes, making it so people with disabilities aren't ashamed to be out in the real world."

Community groups MoMo Mixed Ability Dance Theatre, Inside Out Theatre and the Disability Action Hall all participated in the choreographed flash mob. Improv drama performances also took place.

The event is a fun and creative way for people with disabilities to get recognition in their community. It's also a way to show the public how capable people with disabilities are, Salvani said. The

Plus 15 network of skywalks was chosen for the flash mob because of its accessibility to people with all kinds of disabilities, according to Colleen Huston, coordinator of the Disability Action Hall.

"We want to talk about our rights and what we need as a society to be considered full citizens," Huston said.

Brian Schaal was one of the people in the mall who were elated by the surprise event.

"If you're not choked up about it, then you probably don't have a heart," Schaal said. "I love this."

RYAN KESSLER/FOR METRO

Facts

- **Traffic.** 20,000 people pass through the Plus-15 Square every day
- **Disability.** Over 350,000 Albertans live with some form of disability, according to the city.
- **UN proclamation.** The United Nations proclaimed Dec. 3 the International Day of Persons with Disabilities in 1992.

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Globe Cinema. Outgoing operator hopes Calgarians continue to support theatre

Landmark Cinemas will continue to book films for Calgary's Globe Cinema till January's end and serve in a "big brother" capacity to the new managers of one of few remaining art-house theatres in the city, a representative said.

Landmark's lease for the theatre, which has existed in some capacity since 1965, officially expired Friday.

Neil Campbell, Landmark's chief operating officer, told Metro Monday that Riley's Reproductions & Printing will now assume management of the theatre and believes they are on the right track so far.

Campbell said he hopes people will support the Globe and its new owners.

"If you don't go, and you stay at home and watch it (a movie), sooner or later those theatres can't stay alive," he said, before adding he thinks Riley's "is off on the right foot."

Multiple inquiries were made to Riley's for comment Monday; however, a representative said President Wade Sparks was not available.

JEREMY NOLAIS/METRO CALGARY

Metro

Clarification

In a story that appeared in Metro's Monday edition, "Not all thrilled with West LRT," it was stated that Calgarian Tara McLaughlin was not in favour of the West LRT line. To clarify, McLaughlin is in favour of the new West LRT line but was concerned with the reduction of bus-route service in the area. Metro regrets the confusion.

METRO

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Space exploration

Voyager enters 'magnetic highway'

An artist's rendering showing Voyager 1 at the edge of the solar system. NASA/THE ASSOCIATED PRESS

NASA's long-running Voyager 1 spacecraft has entered a new region at the edge of the solar system and is close to exiting it forever.

Scientists have dubbed this region the "magnetic highway" and it's the last stop before interstellar space, or the space between stars.

Voyager 1 and Voyager 2 launched 35 years ago on a tour of the outer planets. Afterward, both spacecraft continued to hurtle toward the fringes of the solar system. THE ASSOCIATED PRESS

NASA reveals new data collected by Mars rover

Signs of life? Curiosity's soil findings, combined with earlier evidence, make it more likely there was once water on the Red Planet

MICHELLE CASTILLO
Metro World News in London

Though Monday's NASA Mars Curiosity rover announcement wasn't about extraterrestrial life, scientists were excited to share that soil analysis from the Red Planet has revealed interesting results.

An analytical laboratory inside the rover's arm determined that soil samples from "Rocknest," inside the Gale Crater, contained high levels of water, salts, sulfur and chlorine-containing substances. This evidence shows that there is an even higher possibility that there was water once on the planet.

"We have no definitive detection of Martian organics at this point, but we will keep looking in the diverse environments of Gale Crater," said SAM principal investigator Paul Mahaffy of NASA's Goddard Space Flight Center in Greenbelt, Md.

What makes scientists so excited about this discovery is that water is known to be an essential ingredient for life, according to Dr. Nilton O. Renno, a professor of atmospheric, oceanic and space science at the University of Michigan. Renno was previously involved with the prior Mars rover mission, Phoenix.

"Everywhere we have water, we have bacteria," Renno said. "If you are going to look for life on another planet, the first thing you have to do is look for water."

Renno explained that the Martian soil contained high levels of volatiles, which turn into water vapour, chlorine and oxygen that are released from the soil when it is heated. The levels of salts found also suggested there was more water on the planet once than scientists initially suspected.

"The more we look at Mars, the more interesting it gets to be," he said.

The work site of the NASA rover Curiosity on Mars. Results are in from the first test of Martian soil by the rover: So far, there is no definitive evidence that the Red Planet has the chemical ingredients to support life. NASA/THE ASSOCIATED PRESS

Mars

Finding life not really Curiosity's job

Curiosity's main mission is to study whether the Red Planet is habitable, and most of the tools on the rover are there to help reach that goal. It's not really equipped to find extraterrestrial life, but rather to see if Mars could support life, Renno explained.

There's also a high possibility that any bacteria found by or on the machine could have come from our own planet. Renno said that it could take quite some time to analyze anything found to see if it is extraterrestrial, meaning we probably won't get the results while the rover is still on Mars.

"We really have to be sure that anything we found is not contamination from things we took from Earth," Renno said. "We want to be sure what we find is something from Mars."

Buyer beware. B.C. auto insurer warns of imports of flood-damaged cars

The Insurance Corp. of B.C. is warning vehicle purchasers to beware a possible flood of vehicles from the United States that have been flood-damaged by Hurricane Sandy.

The public auto insurer issued the warning after the American Association of Motor Vehicle Transport Administrators said tens of thousands of vehicles on the U.S. east coast were submerged in salt- and bacteria-contaminated waters.

Transportation Minister Mary Polak points out that more than half a million vehicles were damaged during Hurricanes Katrina and Rita, and thousands of those vehicles were imported into Canada — even though they're not legal to drive on our roads.

Flood-damaged vehicles are classified in Canada as "non-repairable" and don't qualify for road use.
THE CANADIAN PRESS

Cars piled on top of each other at the entrance to a garage on South William Street in Lower Manhattan as New York began to clean up after Hurricane Sandy. GETTY IMAGES FILE

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Fugitive McAfee says he's left Belize

Wanted. Eccentric entrepreneur continues to evade police using ruses and disguises

Software company founder John McAfee said Monday he has fled from Belize using a bizarre ruse, adding yet another chapter in what threatens to become one of the biggest media fugitive frenzies since the O.J. Simpson chase in 1994.

McAfee claimed in a blog posting he had evaded authorities by staging an elaborate distraction in neighbouring Mexico. In an email, McAfee confirmed a posting to his website in which he described, in seemingly joking tones, how he set the ruse.

"My 'double,' carrying on (sic) a North Korean passport under my name, was detained in Mexico for pre-planned misbehaviour," McAfee wrote, "but due to indifference on the part of authorities (he) was evicted from the jail and was unable to serve his intended purpose in our exit plan."

It was a turn typical of the bizarre saga of the eccentric anti-virus company founder wanted for questioning in connection with the killing of fellow American expat Gregory Viant Faull, who was shot to death in early November at the Belize island where they both had homes.

Since then, McAfee has refused to turn himself in for questioning, saying he fears Belizean police would kill him.

Vice magazine, two of whose journalists are reportedly with McAfee, posted a story entitled We Are with John McAfee Right Now, Suckers.

McAfee posted that he left Belize because he thought "Sam," the young woman who has accompanied him since he went on the lam, was in danger. THE ASSOCIATED PRESS

The Faull murder

Faull was shot in his home, a couple of houses down from the compound where McAfee kept noisy dogs and entertained a stream of young women. McAfee acknowledges that Faull had complained about the dogs but denied killing him. Four of the dogs were poisoned shortly before Faull's murder.

John McAfee THE ASSOCIATED PRESS FILE

Sex abuse. Judge scoffs at ex-coach's 'loving' defence

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

Defence lawyer Evan Roitenberg was arguing against a Crown appeal to increase the two years James received in March for abusing former NHL star Theo Fleury and his cousin Todd Holt when they were in junior hockey.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said Justice Al MacInnes. He noted that James threatened players to keep silent and victims wrapped themselves in blankets to fend off the abuse.

The Court of Appeal reserved decision on the Crown appeal.

MacInnes made it clear that if it had been up to him, the sentence would have been longer. But the Appeal Court judges said they were only looking at whether sentencing Judge Catherine Carlson strayed too far outside the acceptable guidelines.

James, who did not attend the hearing, is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.
THE CANADIAN PRESS

Graham James arrives at court in Winnipeg on March 20. The Manitoba Court of Appeal has reserved its decision on whether the former coach should serve more than two years in prison for abusing former players. JOHN WOODS/THE CANADIAN PRESS

Red line

U.S. warns Syria on chemical weapons

President Barack Obama warned Syria on Monday that the use of chemical weapons would be "totally unacceptable" and that the country's leaders would be held accountable. Obama said that if Syrian President Bashar Assad deployed chemical weapons, there would be consequences. The comments came as officials said intelligence had detected Syrian movement of chemical weapons components in recent days.
THE ASSOCIATED PRESS

Adoption fraud

French aid workers tried for fraud

French aid workers are on trial on fraud charges after trying to bring 103 children from central Africa to France for adoption, claiming they were orphans from Sudan's troubled Darfur region. Six workers for Zoe's Ark were arrested in Chad in 2007. An investigation found the children were from Chad and most were not orphans. The workers were sentenced in Chad but were later transferred and pardoned by Chad's president. THE ASSOCIATED PRESS

Online sensation

Homeless man hides new boots

The NYC homeless man — whose gift of boots from an NYPD police officer became an online sensation — is back on the streets with no shoes. Jeffrey Hillman says he's hidden them because they're "worth a lot of money." TORSTAR NEWS SERVICE

Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

"Canada (is) so diverse and not only in terms of land mass and climates — whether you go from Vancouver to the north or in the Prairies (with their) varying climates all the time — but even the people have very distinct cultures." THE CANADIAN PRESS

Movember

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event, which drew to a close last Friday, has so far raised more than $37 million for men's health initiatives.

In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

Movember is a month-long fundraising campaign where men start the month of November with a clean-shaven face, then grow their moustaches throughout the month. THE CANADIAN PRESS

Twitter

"Laureen and I congratulate the Duke and Duchess of Cambridge on their wonderful news #royalbaby"

@pmharper, via Twitter

Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Pregnancy sends Kate to hospital

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

Palace officials would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

The confirmation of Kate's pregnancy caps a jam-packed year of highs and lows for the young royals, who were married in a lavish ceremony at Westminster Abbey last year. Speculation about when they would start a family has been rife. THE ASSOCIATED PRESS

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the Duchess of Cambridge has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

Doctors aren't sure what causes it, but suspect it could be tied to hormonal changes. THE ASSOCIATED PRESS

L.A. landlord's act of kindness goes viral

A landlord in California has paid it forward with an act of Christmas kindness.

The landlord, identified only as Joel, posted a notice telling tenants in his Los Angeles building to reduce their December rent cheques by $70 and encouraged them to use the money to buy a gift for someone special.

This is not the first time he has done it, either.

"For so many years now, we have had a tradition of helping people a little during this last month of the year when people start getting ready for Christmas," the landlord wrote.

A Reddit user, using the screen name "mikeoley," posted a photo of the notice on the popular online forum Thursday with the heading "Good guy landlord."

By Monday, the post had more than 600 comments.

"Mikeoley" is Mike Olejarczyk, 32, who works for PlayNetwork in L.A. as a motion graphics artist.

His roommate brought the note in along with another note that their garbage disposal was going to be fixed. "We were both blown away by the (landlord's) generosity," Olejarczyk told Torstar News Service. "It's pretty remarkable because we've only lived at the unit since the middle of October."

He has never met Joel, but he has a building manager named Nancy who lives in the small 12-unit complex and "she's equally as nice." TORSTAR NEWS SERVICE

Quoted

"It's hard enough to find a nice place to live in this city. Finding one with management who cares about their tenants as well simply blows my mind."

Tenant Mike Olejarczyk

An L.A. landlord identified as Joel has told tenants to reduce their rent cheques by $70 in December and buy a gift for someone special. ISTOCK

Trudeau feeling the heat for gun registry comments

Firearms policy.
Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.

Liberal leadership candidate Justin Trudeau on Monday.
THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years before the federal election trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS

Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly the previous day. THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched in suspicious fire

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe.

Police say a suspect was seen fleeing the scene before the fire erupted.

THE CANADIAN PRESS

A community grieves

Nancy Latraverse places flowers in front of a house in Drummondville, Que., where three young siblings — two girls, aged two and five, and their four-year-old brother — were found dead late Sunday. Police had still not said by Monday evening how the children died.

PAUL CHIASSON/THE CANADIAN PRESS

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(The Lord is my shepherd, and lets me rest in green meadows; He leads me beside peaceful streams. Psalm 23:2)
GOODNEWSTODAY.CA

Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.51¢ (-0.13¢)

TSX 12,169.74 (-69.62)

OIL $89.09 (+18¢)

GOLD $1,721.10 US (+$8.40)

Natural gas: $3.59 (+3¢)
Dow Jones: 12,965.60 (-59.98)

Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."

A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular country's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS

By the numbers

$2.9M

The committee said online retailer Amazon paid $2.9 million in British tax in 2011, on turnover of about $331 million.

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Park Place Shopping Centre

The Conference Board's report comes as Canada is being asked by trading partners to dismantle supply-management systems that protect domestic producers of eggs, milk and poultry. GETTY IMAGES FILE

Canada's food sector is strong enough to go it alone, report says

Government supports. Conference Board asks domestic producers to look to emerging markets for growth

Canada's food industry would do fine — better in fact — if supply management and other government supports were eliminated, a new report from the Conference Board argues.

While it's not the first time the Ottawa-based think-tank has called for market liberalization of Canada's protected agricultural sector, the report calls on producers to look to the demand explosion in emerging markets for growth, and not simply protecting their domestic turf. It notes the major source of growth in the world's food demand is in countries that are already net food importers.

"The Canadian food industry's prospects are better than ever: the sky is the limit," the report states. "We know, for instance, that most of the two billion additional people that the world will add between now and 2050 will be in developing countries. These countries are getting richer, increasing their average calorie consumption, and relying more on meat and less on starches for their dietary needs."

The report comes as Canada is being asked by trading partners to dismantle supply management systems that protect domestic producers of eggs, milk and poultry.

THE CANADIAN PRESS

Dubai

Clash over web controls stymies UN conference

The UN's top telecommunications overseer sought Monday to quell worries about greater Internet controls emerging from global talks in Dubai, but any attempts at major web regulations will likely face stiff opposition from groups led by a high-powered U.S. delegation.

The 11-day conference is seeking to update codes last reviewed when the web was virtually unknown. Some at the Dubai conference, including a 123-member U.S. delegation with envoys from tech giants such as Google Inc. and Microsoft Corp., worry that any new UN oversight could be used by nations such as China and Russia to justify further tightening of web blocks and monitoring.

"Love the free and open Internet? Tell the world's governments to keep it that way," said a message on the main search page of Google.com with a link for comments directed to the Dubai conference, which opened Monday. The agenda for the gathering covers possible new rules for services such as the web, mobile roaming fees and satellite and fixed-line communications.

THE ASSOCIATED PRESS

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RIM shares overpriced, analyst says

Shares in Research In Motion are overpriced and the BlackBerry maker's new operating system likely won't return the company to profitability, says an analyst who has put a "sell" rating on the stock.

Canaccord Genuity analyst Michael Walkley has set RIM's share price at $10 US — substantially lower than estimated share prices issued by other analysts in recent weeks.

"Our checks do not indicate the consumer pull, carrier push, or developer excitement necessary for BlackBerry 10 to reverse the challenging trends faced by RIM in order to return the company to sustained profitability," Walkley wrote in a research note.

BlackBerry 10 will be unveiled on Jan 30 and is widely considered a make-or-break product for RIM.

THE CANADIAN PRESS

A BlackBerry employee holds a mobile phone. THE ASSOCIATED PRESS

Ontario securities regulator files allegations against Sino-Forest auditor Ernst & Young

The Ontario Securities Commission accused Ernst & Young on Monday of failing in its audits of troubled Chinese forestry company Sino-Forest Corp., which has since collapsed amid allegations of being a massive fraud.

The accusations came as the auditors agreed to a $117-million civil settlement in connection with a class-action lawsuit in the case — a settlement the law firms involved characterized as the largest by an auditor in Canadian history.

The provincial regulator accused Ernst & Young on Monday of failing to conduct their audits of the company in accordance with industry standards.

The OSC has also accused the accounting firm of failing to do enough to verify the existence of Sino-Forest's most significant assets and conduct their audits with a "sufficient level of professional skepticism."

"Ernst & Young failed to adequately respond to a number of unusual facts and findings that came to its attention in the course of conducting the audits of the material financial statements," the regulator said in its statement of allegations.

"These facts and findings should have caused Ernst & Young to treat the representations of Sino-Forest management with greater caution and to perform additional audit procedures and to obtain additional evidence from independent sources." The allegations have not been proven in court.

The accounting firm said it has co-operated with the OSC throughout the investigation into Sino-Forest.

"We are confident that Ernst & Young Canada's work was conducted in accordance with Generally Accepted Auditing Standards and met all professional standards," the firm said in a statement.

"The evidence we will present to the OSC will show that Ernst & Young Canada did extensive audit work to verify ownership and existence of Sino-Forest's timber assets."

THE CANADIAN PRESS

Quoted

"Unfortunately this situation is symptomatic of a pervasive and global problem: that auditors see their primary duties as being toward management, rather than to shareholders."

Carson Block, research director of Muddy Waters, which first accused Sino-Forest last year of being a massive fraud, prompting investigations by the Ontario regulator and the RCMP

REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN

SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neurosis.

Last month, Virgin Mobile Canada released a new study on how smartphones are changing the dating habits of men and women across the country. According to the survey, 40 per cent of Canadians aged 18 to 34 believe that texting has made their love life better.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out smiley face — can lead to serious confusion about the meaning of our words. And, worst of all, an unanswered text can turn the sanest individual into a panicking ball of neurosis.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on Twitter @MetroSheSays

The world saw the 20th anniversary of the text message Monday. The milestone reminds us of the correlation between the rise of SMS and digital delirium. FLICKR: JHAYMESISVIPHOTOGRAPHY

I Sphinx you can eat it

BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food-rescue organization for feeding the needy.

Visitors can buy one ticket for $1 or eight for $5 to vote on their favourite landmark. THE ASSOCIATED PRESS

Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a homemade project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book The Gingerbread Architect: Recipes and Blueprints for Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

Online

See the whole gingerbread spread at metronews.ca.

Metropolitan Panel

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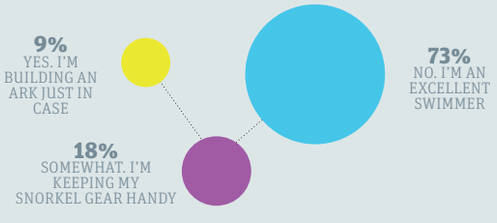

Twitter

@Bstephensonn: Imma need to start packing two lunches thanks to Deerfoot trail. Its so slow, by the time I get to work I've eaten mine. #yyc #traffic

@wilde_em: The number of kids who are still young enough to order off the kids menu that I see riding the bus/train alone is shocking. #really #yyc

@gabeyee: If I can't get there via Stoney Trail it's not worth going to. Sometimes. #YYC

@AccousticVision: I will not rest until I find a cure for insomnia. #yyc #happymonday

@samarm0ussa: Search up the #yyc tag on Instagram and you'll see a million pictures of the sky in case you forgot what it looks like.

metro

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DVD review

The Dark Knight Rises

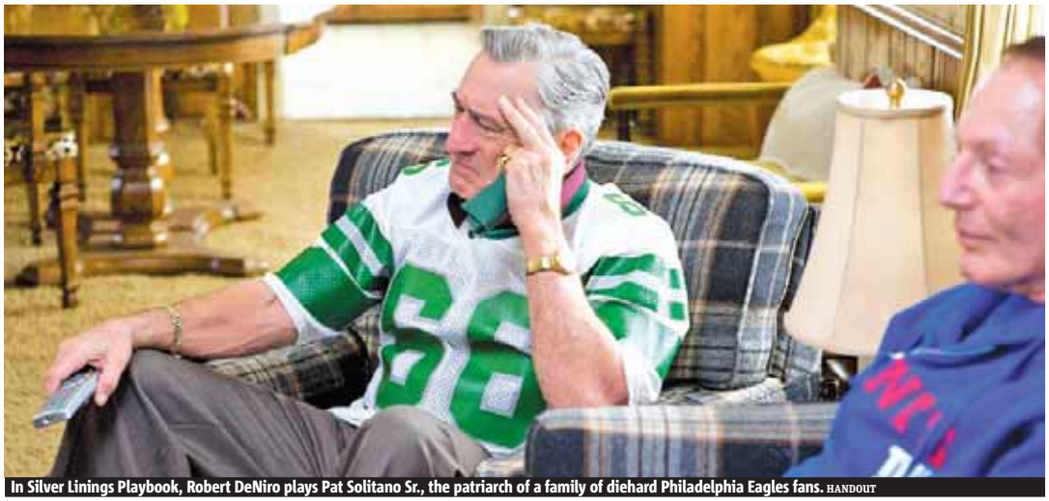
Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

●●●●●

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of The Dark Knight (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL



In Silver Linings Playbook, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook. Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's Silver Linings Playbook, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But Silver Linings Playbook, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (Horse Feathers) to the inspiration of a newcomer to the sport (The Blind Side). Football in movies has been a regular source of hard-knock action (Any Given Sunday), manly tragedy (Brian's Song, Remember the Titans) and underdog triumph (Rudy).

But along with Silver Linings Playbook, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's Buffalo '66 (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy $10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

Big Fan (2009), written and directed by Robert D. Siegel (who also wrote The Wrestler), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film Friday Night Lights, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: A Fan's Notes. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity that interested Russell, whose last film, The Fighter, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on

THE WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

Feuding stars make promises of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online.

"Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another.

All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."

Adam Levine ALL PHOTOS GETTY IMAGES

Levine boos Honey: F-bombs fly the way of famous family

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids. F— those people. You can put that in the magazine. F— those idiots. They're just the worst."

Not impressed

"It's complete f—ing ignorance and the most despicable way to treat your kids."

Adam Levine on TV show Honey Boo Boo

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How Adriana got the body of an angel back

Victoria Secret show. Adriana Lima shares how she got back into show shape after having a child

ROMINA MCGUINNESS
Metro World News

The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

It seems like hell getting ready for the show. How do you girls cope with the pressure?
One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?
I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?
No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy. The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?
Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza or a chicken wing?
Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?
No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?
I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

So what kinds of workouts did you focus on? What foods did you eat?
I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

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Getting kids active and off the couch is only half the battle

Exergaming. Experts urge parents not to rely on video games to help get their children moving and living a healthy lifestyle

CELIA MILNE
life@metronews.ca

Is exergaming good for children?

The debate rages.

While plenty of studies show active video games are fun and get kids moving, a new analysis gives them the overall thumbs down.

"Preserve traditional play," says Dr. Mark Tremblay, chief scientific officer of Active Healthy Kids Canada, based in Ottawa.

"Don't rely on active video games to provide your kids with their daily exercise," he adds.

Experts at Active Health Kids Canada and its partners sifted through 1,367 scientific papers on the health merits of virtual versus real activities.

The conclusion: Exergames increase kids' heart rates temporarily, but don't provide a long-term, meaningful amount of exercise.

"The general thinking is, 'If I can get them off the couch, it's got to be better.' That's sound thinking," says Dr. Tremblay.

"But evidence suggests when you look at the total day, there is no difference in energy expenditure. These games are replacing Frisbee in the park or ball hockey on the street. We believe in fresh air, playing with friends and sunlight. The bonus? Incidental eating may go down."

Parents often tell Dr. Tremblay they can't afford after-school activities for their kids, but he believes it's a question of priorities.

"They can't afford swimming lessons, but they spend hundreds of dollars on video consoles and plasma TVs. They say they can't afford tennis lessons, and then they spend that money on a game."

Video gaming got a thumbs-up recently in a University of Montreal study on the subject. The study found that dance and sports simulations can help adolescents increase their physical activity, especially girls. The study was published in the esteemed journal Pediatrics in November.

Quoted

"The general thinking is, 'If I can get them off the couch, it's got to be better.' That's sound thinking."

Dr. Mark Tremblay
Chief scientific officer of Active Healthy Kids Canada, based in Ottawa

Getting kids off the couch is only the start to healthy living. ISTOCK PHOTOS

Want to live forever? Look to the jellyfish for the answer

Turritopsis Nutricula can regenerate itself if it is killed and can reproduce by itself. HANDOUT

KIERON MONKS
Metro World News

Humans will be immortal if we can solve the mystery of a regenerating jellyfish, claims the scientist leading research into the species.

"Once we determine how the jellyfish rejuvenates itself … my opinion is that we will evolve and become immortal ourselves," Dr. Shin Kubota of Kyoto University told the New York Times Wednesday.

The Turritopsis Nutricula, or Immortal Jellyfish, is the only multi-celled creature that does not die after reaching maturity, instead returning to a youthful state.

It can regenerate itself if it is violently killed, and reproduce by itself.

Kubota believes he has isolated the key to the animal's unique ability in its tentacle cells, and that in 10 to 20 years it will be fully understood, and transferable to people.

Scientists agree the jellyfish can have great benefits for humanity.

"These cells are in our body but dormant when we need them," Dr. Matthias Obst, a biological scientist at Gothenburg University who studied the species told Metro.

"The tool kit is the same, it's a case of finding the gene that switches on the protein that regenerates."

This would make human organs stronger and resistant to cancer.

"It has a lot of potential to extend the lifespan of tissue, if not make it immortal," Obst claims, suggesting a difference of "hundreds of years."

The comfort of carrots and sweet potatoes in a casserole

This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

1. Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

2. Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

3. Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

4. Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

Ingredients

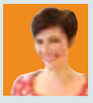
- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 11/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

5. Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

To sweet or not to sweet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

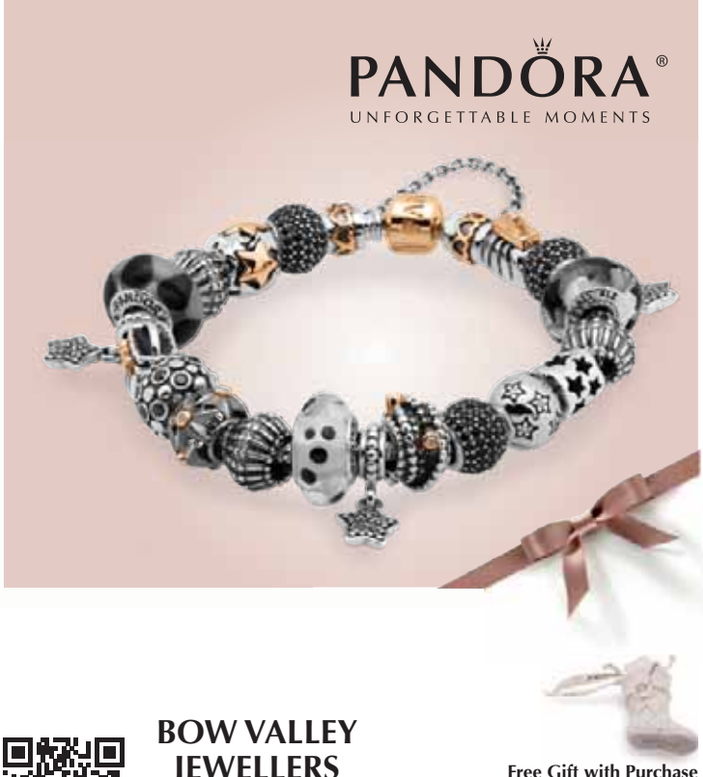
Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of preparation matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared–Skylanders Giants Chop Chop $14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.

Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for $10 or less

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly $650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for $8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for $10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.

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Do your child and dog get along? HANDOUT

Is everything fine between your kid and canine?

Safe introduction.
Allow your pet time and space to become accustomed to your child and advise your little one on how to handle the dog

MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines. We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

Never force interaction between a dog and a child.
Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog.
Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says. A new dog will have a tolerance limit for your kids, and it's vital to recognize that limit and offer the dog a quiet area to retreat to when the interaction might become too much.

Instruct your kids not to crowd the dog or carry it around.
Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

Rule of thumb: If it doesn't feel right or it looks too good to be true, it probably is.
Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it. For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

If you're expecting
Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship
The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.

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Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Junior selection roster has pro feel

World juniors. Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10-15 in Calgary.

There was an undercurrent of uncertainty in Monday's announcement in Calgary because of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26, with the uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa. The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years.

The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. So a premium was placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast.

"If they're not an excellent skater, they bring an intangible we think can help us," he said.

THE CANADIAN PRESS

By the numbers

2

The Canadians won gold during the 1995 and 2005 lockouts, but those tournaments were in Red Deer, Alta., and Grand Forks, N.D., on smaller North American-sized ice surfaces.

Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

NFL

Washington rookie RG3 leads charge vs. Giants

Robert Griffin III threw for one touchdown and had a fumble turn into another score, and the Washington Redskins pulled within one game of the NFC East lead with a 17-16 win over the New York Giants on Monday night.

The Redskins improved to 6-6 with their third straight win and are tied with the Dallas Cowboys and on the heels of the Giants, who fell to 7-5.

THE ASSOCIATED PRESS

NFL

Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy.

It was difficult to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings hanging in it.

Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday.

THE ASSOCIATED PRESS

Jovan Belcher GETTY IMAGES FILE

Crosby lending voice to CBA negotiations

Sidney Crosby skates at an informal workout on Monday in Scottsdale, Ariz. CHRISTIAN PETERSEN/GETTY IMAGES

Sidney Crosby is ready for another kick at the can.

With the NHL and NHL Players' Association scheduled to hold a unique collective bargaining session on Tuesday afternoon, the league's most recognizable player travelled to New York to make himself available for the exclusive meeting.

Crosby has been involved throughout the negotiations and could play an important role with the leaders of both sides scheduled to sit out on Tuesday. The Penguins captain has emerged as a voice of reason during the lockout and would find himself sitting across from Pittsburgh owner Ron Burkle, among others, if the NHLPA decides to send him into the bargaining room.

It promises to be a unique setting, particularly with commissioner Gary Bettman and NHLPA executive director Donald Fehr on the sidelines. There was hope Monday that a new dynamic might produce some different results in negotiations.

"Ultimately, we are just trying to find some meeting format that can gain some traction," deputy commissioner Bill Daly said. THE CANADIAN PRESS

Lockout at a glance

- **Day:** 80
- **Last negotiations:** Thursday, Nov. 29, with federal mediators in New Jersey.
- **Games lost:** 423 (through Dec. 14, plus the Winter Classic and all-star game).
- **What we missed Monday:** A light two-game schedule, including a matchup in Toronto against Buffalo.

THE ASSOCIATED PRESS

Cornish, Harris ensure Canada well-represented

CFL. Impressive seasons end with pair of backs earning all-star nods

The 2012 CFL all-star team features an all-Canadian one-two punch at running back.

Jon Cornish of the Calgary Stampeders and Andrew Harris of the B.C. Lions have been voted on to the team, which is selected by votes from fans, journalists and CFL head coaches.

Cornish, from New Westminster, B.C., had a breakout season in 2012, winning the league's outstanding Canadian award and finishing runner-up behind Toronto receiver Chad Owens as outstanding player.

He ran for 1,457 yards, breaking the 56-year-old record for rushing yards by a Canadian set by Normie Kwong.

Harris, from Winnipeg, ran for 1,112 yards. It was the first time since 1956 that two Canadian running backs broke the 1,000-yard plateau.

THE CANADIAN PRESS

Calgary's best

Other Stampeders named CFL all-stars include:

- Dimitri Tsoumpas, guard; Nik Lewis, receiver; Charleston Hughes, defensive end; Rob Maver, punter; Rene Paredes, kicker.

Stampeders running back Jon Cornish was named an all-star on Monday. TORSTAR NEW SERVICE FILE

Raptors fall in Mile High City

Toronto Raptors guard DeMar DeRozan, left, works the ball inside past Nuggets forward Kenneth Faried on Monday in Denver. Corey Brewer scored 19 points, JaVale McGee had 17 points and five blocks, and the Nuggets withstood a late rally to beat the Raptors 113-110. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

NBA

James taken aback by SI honour

When LeBron James learned he was Sports Illustrated's Sportsman of the Year, the Miami Heat star was surprised.

Not because he thought his achievements in 2012 weren't worthy, but because he figured what happened in 2010 was still holding him back.

Apparently, that's no longer the case. The magazine announced its annual choice Monday, with James becoming the first NBA player to win the award since Heat teammate Dwyane Wade in 2006.

LeBron James of Sports Illustrated's Dec. 10 issue. SPORTS ILLUSTRATED

"I remember just like yesterday when I signed here and basically, like the roof caved in," James told The Associated Press, referring to the fallout from his infamous "Decision" to leave Cleveland for Miami in 2010. "To see that I and my team and everyone around me was able to patch that roof up, to come to this point, to come to this point and receive such a prestigious award, it's huge."

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NBA

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Memphis	12	3	.800	1/2
San Antonio	14	4	.778	—
Oklahoma City	14	4	.778	—
L.A. Clippers	11	6	.647	21/2
Golden State	10	6	.625	3
Denver	9	9	.500	5
Houston	8	8	.500	5
Utah	9	10	.474	51/2
L.A. Lakers	8	9	.471	51/2
Dallas	8	9	.471	51/2
Minnesota	7	8	.467	51/2
Portland	8	10	.444	6
Phoenix	7	11	.389	7
New Orleans	5	11	.313	8
Sacramento	4	12	.250	9

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results
Portland 118 Charlotte 112 OT
Detroit 89 Cleveland 79
New Orleans 102 Milwaukee 81
Denver 113 Toronto 110
L.A. Clippers 105 Utah 104
Orlando at Golden State
Sunday's results
New York 106 Phoenix 99
Orlando 113 L.A. Lakers 103
Tuesday's games
Minnesota at Philadelphia, 7 p.m.
Miami at Washington, 7 p.m.
Oklahoma City at Brooklyn, 7:30 p.m.
L.A. Lakers at Houston, 8 p.m.
Phoenix at Memphis, 8 p.m.
Indiana at Chicago, 8 p.m.
Wednesday's games
Portland at Indiana, 7 p.m.
New York at Charlotte, 7 p.m.
Minnesota at Boston, 7:30 p.m.
Golden State at Detroit, 7:30 p.m.
Denver at Atlanta, 8 p.m.
L.A. Lakers at New Orleans, 8 p.m.
Chicago at Cleveland, 8 p.m.
Milwaukee at San Antonio, 8:30 p.m.
Orlando at Utah, 9 p.m.
Toronto at Sacramento, 10 p.m.
Dallas at L.A. Clippers, 10:30 p.m.
Thursday's games
New York at Miami, 8 p.m.
Dallas at Phoenix, 10:30 p.m.
Friday's games
Denver at Indiana, 7 p.m.
Boston at Philadelphia, 7 p.m.
Golden State at Brooklyn, 7:30 p.m.
Chicago at Detroit, 7:30 p.m.
Washington at Atlanta, 7:30 p.m.
Cleveland at Minnesota, 8 p.m.
Memphis at New Orleans, 8 p.m.
Charlotte at Milwaukee, 8:30 p.m.
Houston at San Antonio, 8:30 p.m.
Toronto at Utah, 9 p.m.
L.A. Lakers at Oklahoma City, 9:30 p.m.
Orlando at Sacramento, 10 p.m.

NUGGETS 113, RAPTORS 110

TORONTO (110)
Lowry 6-16 11-11 24, Bargnani 10-20 1-2 23, DeRozan 8-13 1-1 18, Ross 4-8 2-2 12, Johnson 5-7 0-0 11, Valanciunas 3-5 1-2 7, Davis 3-5 0-0 6, Calderon 1-4 1-1 4, Pietrus 1-5 0-0 3, Lucas 1-3 0-0 2. Totals 42-86 17-19 110.

DENVER (113)
Brewer 9-15 0-0 19, Faried 5-11 8-11 18, McGee 4-5 9-16 17, Lawson 6-15 1-2 16, Gallinari 4-10 3-4 13, Koufos 4-12 2-6 10, Miller 3-4 2-2 8, Hamilton 4-8 0-0 8, Iguodala 1-5 2-2 4. Totals 40-85 27-43 113.

Toronto	24	20	31	35 —110
Denver	29	32	28	24 —113

3-Point Goals—Toronto 9-28 (Bargnani 2-8, Ross 2-5, Lowry 1-4, DeRozan 1-3, Calderon 1-3, Pietrus 1-3, Johnson 1-1, Lucas 0-1). Denver 6-15 (Lawson 3-5, Gallinari 2-4, Brewer 1-2, Iguodala 0-2, Miller 0-1, Hamilton 0-1). **Rebounds—**Toronto 37 (Davis 9, DeRozan 7, Ross 6, Bargnani 4, Johnson 4, Valanciunas 4, Lowry 3). Denver 53 (Koufos 10, Faried 10, Gallinari 8, McGee 6, Brewer 5, Hamilton 5, Lawson 4, Miller 3, Iguodala 2). **Assists—**Toronto 19 (Lowry 7). Denver 25 (Iguodala 8). **Total Fouls—**Toronto 30, Denver 20.
A—15,221. T—2:17

SOCCER

ENGLAND

PREMIER LEAGUE
Monday's result
Newcastle United 3, Wigan Athletic 0

FA CUP
SECOND ROUND
Monday's result
Cheltenham Town 1, Hereford United 1

SPAIN

LA LIGA
Monday's result
Sevilla 1, Valladolid 2

GREECE

ETHNIKI ALPHA
Monday's result
AEK Athens 2 PAS Giannina 1

DENMARK

EERSTE DIVISIE
Monday's result
AaB Aalborg 0 AGF Aarhus 3

MLS CUP
Saturday's result
Los Angeles 3, Houston 1

TRANSACTIONS

MLB

AMERICAN LEAGUE
TEXAS RANGERS — Agreed to terms with C Geovany Soto on a one-year contract.
TORONTO BLUE JAYS — Claimed C Eli Whiteside off waivers from the N.Y. Yankees.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS — Sold the contract of RHP Brad Bergesen to Chunichi (Central League-Japan).
ATLANTA BRAVES — Promoted minor league strength and conditioning coordinator Rick Slate to director of strength and conditioning.
SAN DIEGO PADRES — Agreed to terms with RHP Jason Marquis on a one-year contract.
WASHINGTON NATIONALS — Agreed to terms with LHP Zach Duke on a one-year contract.

NBA
HOUSTON ROCKETS — Recalled F Terrence Jones from Rio Grande Valley (NBADL).

NFL
BUFFALO BILLS — Released LB Kirk Morrison.
CAROLINA PANTHERS — Placed S Sherrod Martin on injured reserve.
PHILADELPHIA EAGLES — Fired defensive line coach Jim Washburn. Named Tommy Brashear defensive line coach.

CFL
EDMONTON ESKIMOS — Signed LB Donovan Richard.
TORONTO ARGONAUTS — Signed Marcus Brady offensive coordinator.

NHL
EDMONTON OILERS — Reassigned RW Toni Rajala from Oklahoma City (AHL) to Stockton (ECHL).
NEW YORK ISLANDERS — Reassigned F Jason Clark from Bridgeport (AHL) to Gwinnett (ECHL).
ST. LOUIS BLUES — Reassigned F Stefan Della Rovere, F Sebastian Wannstrom and D Brett Ponich from Peoria (AHL) to Evansville (ECHL).

MLS
D.C. UNITED — Declined options on D Mike Chabala, D Emiliano Dudar, M Stephen King and F Maicon Santos.
PORTLAND TIMBERS — Acquired allocation money and homegrown rights to D Bryan Gallego from New York for D Kosuke Kimura and a 2013 second-round draft pick. Declined contract options for M/D Lovel Palmer and D Steve Purdy.
REAL SALT LAKE — Traded F Fabian Espindola and D Jamison Olave to New York, and M Will Johnson to Portland for allocation money.
SPORTING KANSAS CITY — Traded M Michael Harrington to Portland for allocation money.
TORONTO FC — Traded D Aaron Maund to Real Salt Lake for F Justin Braun.
VANCOUVER WHITECAPS — Traded M/F Atiba Harris to Colorado for an international roster spot.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	21	11	8	1	1	60	65	24
Manchester	21	10	8	2	1	55	53	23
St. John's	22	11	10	0	1	53	60	23
Portland	21	10	9	1	1	67	69	22
Providence	19	9	8	0	2	44	55	20

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	20	12	4	1	3	70	42	28
Bridgeport	20	10	9	0	1	62	70	21
Connecticut	20	9	9	2	0	63	70	20
Adirondack	20	9	11	0	0	52	60	18
Albany	18	5	8	0	5	40	52	15

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	20	13	5	1	1	74	55	28
Binghamton	18	12	4	1	1	57	44	26
W-B/Scranton	20	13	7	0	0	58	46	26
Hershey	21	9	11	1	0	55	62	19
Norfolk	20	9	11	0	0	59	65	18

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	20	13	3	2	2	56	36	30
Toronto	21	12	8	0	1	70	59	25
Lake Erie	22	11	9	1	1	70	70	24
Rochester	19	9	8	2	0	63	59	20
Hamilton	18	7	9	1	1	38	57	16

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Rockford	22	12	9	0	1	73	67	25
Grand Rapids	19	11	6	1	1	66	58	24
Chicago	20	9	8	2	1	56	62	21
Milwaukee	19	9	8	1	1	54	58	20
Peoria	20	6	10	2	2	47	73	16

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	21	12	7	0	2	70	61	26
Oklahoma City	20	11	6	1	2	66	59	25
Houston	20	11	6	1	2	67	59	25
Texas	20	10	8	1	1	51	58	22
San Antonio	20	6	11	0	3	51	63	15

Note: Two points awarded for a win, one for an overtime or shootout loss.
Sunday's results
Portland 4 Manchester 0
Rockford 4 Charlotte 1
Worcester 3 Providence 2 (SO)
Lake Erie 4 Toronto 5
Springfield 5 Connecticut 0
Norfolk 4 Bridgeport 1
Syracuse 2 Binghamton 5
Texas 4 Peoria 3 (SO)
Tuesday's game
All Times Eastern
San Antonio at Abbotsford, 10 p.m.
Wednesday's games
Bridgeport at Connecticut, 7 p.m.
Peoria at Grand Rapids, 7 p.m.
Texas at Milwaukee, 8 p.m.
San Antonio at Abbotsford, 10 p.m.
Thursday's games
Lake Erie at Charlotte, 7 p.m.
Hershey at Norfolk, 7 p.m.
Friday, Dec. 7
Lake Erie at Charlotte, 7 p.m.
Adirondack at Rochester, 7:05 p.m.
Portland at Binghamton, 7:05 p.m.
Manchester at Providence, 7:05 p.m.
Hershey at W-B/Scranton, 7:05 p.m.
Hamilton at Syracuse, 7:30 p.m.
Springfield at St. John's, 7:30 p.m.
Milwaukee at Rockford, 8:05 p.m.
Grand Rapids at Chicago, 8:30 p.m.
Houston at Texas, 8:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	9	3	0	.750	430	260
N.Y. Jets	5	7	0	.417	228	296
Miami	5	7	0	.417	227	249
Buffalo	5	7	0	.417	277	337

SOUTH

	W	L	T	Pct	PF	PA
Houston	11	1	0	.917	351	221
Indianapolis	8	4	0	.667	265	306
Tennessee	4	8	0	.333	248	359
Jacksonville	2	10	0	.167	206	342

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	3	0	.750	303	242
Pittsburgh	7	5	0	.583	254	230
Cincinnati	7	5	0	.583	302	260
Cleveland	4	8	0	.333	229	265

WEST

	W	L	T	Pct	PF	PA
Denver	9	3	0	.750	349	244
San Diego	4	8	0	.333	258	257
Oakland	3	9	0	.250	235	376
Kansas City	2	10	0	.167	188	322

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	7	5	0	.583	321	243
Washington	6	6	0	.500	312	301
Dallas	6	6	0	.500	280	295
Philadelphia	3	9	0	.250	217	320

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	1	0	.917	317	229
Tampa Bay	6	6	0	.500	333	285
New Orleans	5	7	0	.417	321	327
Carolina	3	9	0	.250	235	292

NORTH

	W	L	T	Pct	PF	PA
Green Bay	8	4	0	.667	296	259
Chicago	8	4	0	.667	294	198
Minnesota	6	6	0	.500	262	272
Detroit	4	8	0	.333	300	315

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	3	1	.708	289	171
Seattle	7	5	0	.583	242	202
St. Louis	5	6	1	.458	221	267
Arizona	4	8	0	.333	186	234

WEEK 13
Monday's result
Washington 17 N.Y. Giants 16
Sunday's results
N.Y. Jets 7 Arizona 6
Kansas City 27 Carolina 21
Indianapolis 35 Detroit 33
Buffalo 34 Jacksonville 18
Seattle 23 Chicago 17
New England 23 Miami 16
Houston 24 Tennessee 10
Green Bay 23 Minnesota 14
St. Louis 16 San Francisco 13
Denver 31 Tampa Bay 23
Cleveland 20 Oakland 17
Cincinnati 20 San Diego 13
Pittsburgh 23 Baltimore 20
Dallas 38 Philadelphia 33

WEEK 14
Thursday, December 6
Denver at Oakland, 8:20 p.m.
Sunday, December 9
St. Louis at Buffalo, 1 p.m.
Dallas at Cincinnati, 1 p.m.
Baltimore at Washington, 1 p.m.
San Diego at Pittsburgh, 1 p.m.
Kansas City at Cleveland, 1 p.m.
N.Y. Jets at Jacksonville, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at Minnesota, 1 p.m.
Atlanta at Carolina, 1 p.m.
Miami at San Francisco, 4:05 p.m.
New Orleans at N.Y. Giants, 4:25 p.m.
Arizona at Seattle, 4:25 p.m.
Detroit at Green Bay, 8:20 p.m.

GOLF

PGA TOUR Q-SCHOOL

At La Quinta, Calif.
Par 72
Final Round

x - Clinched 2013 PGA Tour card.
y - Clinched 2013 Web.com Tour card.

x-Dong-hwan Lee, $50,000	68-72-65-64-71-67-407
x-Ross Fisher, $37,500	69-69-65-72-67-66-408
x-Steve LeBrun, $37,500	64-69-68-71-67-69-408
x-Kris Blanks, $27,500	65-70-67-70-66-71-409
x-Billy Horschel, $27,500	70-65-66-71-69-68-409
x-Richard H. Lee, $27,500	66-67-74-64-70-68-409
x-Erik Compton, $25,000	67-70-68-71-67-67-410
x-Brad Fritsch, $25,000	**72-67-66-71-66-68-410**
x-Jin Park, $25,000	65-70-68-69-68-70-410
x-Steven Bowditch, $25,000	73-67-66-67-64-74-411
x-Fabian Gomez, $25,000	70-67-69-73-66-66-411
x-Jeff Gove, $25,000	69-69-68-67-71-67-411
x-Michael Letzig, $25,000	71-69-67-66-71-67-411
x-Matt Jones, $25,000	71-70-65-68-68-70-412
x-Robert Karlsson, $25,000	66-68-65-75-68-70-412
x-Eric Meierdierks, $25,000	70-66-67-70-67-72-412
x-Derek Ernst, $25,000	68-68-70-67-66-74-413
x-Scott Langley, $25,000	72-69-69-69-66-68-413
x-Aaron Watkins, $25,000	69-67-71-68-69-69-413
x-Si Woo Kim, $25,000	67-69-71-69-70-68-414
x-Tag Ridings, $25,000	73-69-66-70-67-69-414
x-Donald Constable, $25,000	67-70-67-71-71-69-415
x-Bobby Gates, $25,000	70-72-72-65-69-67-415
x-Henrik Norlander, $25,000	67-74-68-71-68-67-415
x-Chez Reavie, $25,000	72-66-68-67-72-70-415
x-Patrick Reed, $25,000	70-75-68-67-68-67-415
y-Vince Covello, $5,000	69-70-67-73-67-70-416
y-Oliver Fisher, $5,000	69-69-69-72-68-69-416
y-Mathew Goggin, $5,000	70-66-70-70-68-72-416
y-Kevin Kisner, $5,000	71-75-66-65-67-72-416
Also	
y-Adam Hadwin, $5,000	**74-71-68-68-68-68-417**
y-Roger Sloan, $5,000	**71-72-75-70-66-68-422**
Richard Scott	**73-70-73-68-69-74-427**
Matt Hill	**74-65-73-70-72-74-428**
Ryan Yip	**72-71-74-69-70-72-428**
Mitch Evanecz	**74-69-73-70-75-71-432**

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Horoscopes

♈ Aries
March 21 - April 20
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

♉ Taurus
April 21 - May 21
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

♊ Gemini
May 22 - June 21
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

♋ Cancer
June 22 - July 23
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

♌ Leo
July 24 - Aug. 23
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

♍ Virgo
Aug. 24 - Sept. 23
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

♎ Libra
Sept. 24 - Oct. 23
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

♏ Scorpio
Oct. 2 04 - Nov. 22
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

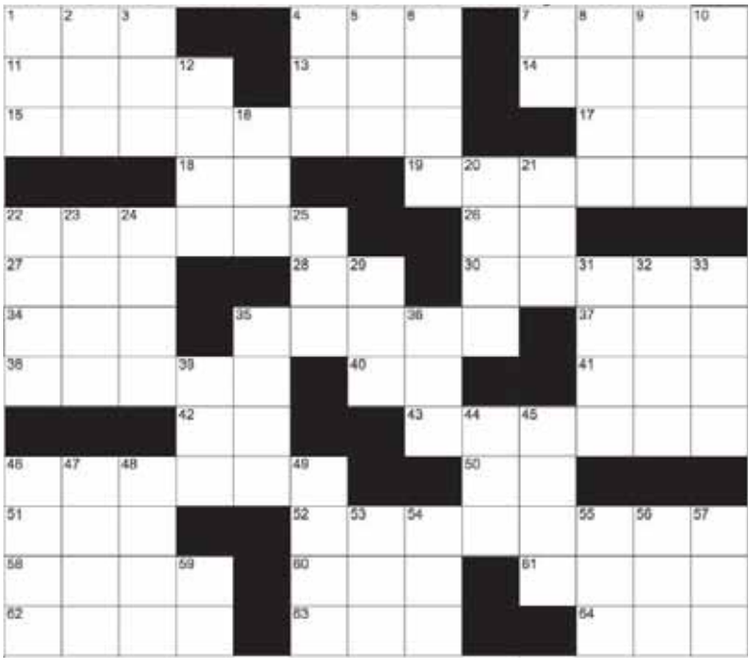
♑ Capricorn
Dec. 22 - Jan. 20
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

♒ Aquarius
Jan. 21 - Feb. 19
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

♓ Pisces
Feb. 20 - March 20
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. **SALLY BROMPTON**

Crossword

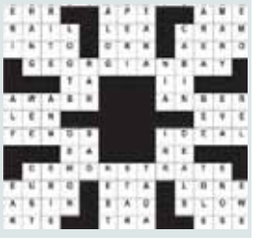
BY BETTY MARTIN



Across
1. Star of Home Improvement
4. Hood
7. Pillow covering
11. Flubs
13. Actress Hagen
14. Nook
15. Complied
17. — Tin Tin
18. Opposite of SW
19. Alter
22. Corporate climber
26. Actor Norton
27. "Exodus" hero
28. Ready – Not
30. Not even once
34. PVR predecessor
35. Leap
37. It's - - -win situation (2 words)
38. Ridge
40. Who Wants to – a Millionaire?
41. Take a rest
42. Chau – Chi of Falcon Crest
43. Isn't colourfast
46. Funnel-shaped wildflower
50. Star of CHiPs (init.)
51. Road surface
52. Relationship woes
58. The Bold —
60. Summer in Paris
61. Censor's target
62. Turf
63. Casual top
64. Whichever

Down
1. After-dinner drink
2. Tax agency (abbr.)
3. Post-wedding title
4. Scrape
5. Chowed down
6. One of baby's first words
7. Charleston state
8. Bugle
9. Gung-ho
10. Department store section
12. E-mail request
16. Indicates maiden name
20. Patch
21. Dutch city
22. Wash
23. Curves
24. Scottish dagger
25. A.A. Milne character
29. Pat dry
31. Flower holder
32. Children's author Blyton
33. Becomes inedible
35. French cheese
36. Beak
39. Extension
44. Actress Michele — of Glee
45. Cartoon shrieks
46. At the summit
47. "Titanic" actor Billy —
48. Land measure
49. Aid in a crime
53. Abbreviation found in an atlas
54. Shoebox letters
55. John's "Pulp Fiction" co-star
56. Groan inducer
57. Pig's abode
59. — Elsewhere

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

Yesterday's Sudoku

1	2	8	6	4	7	3	9	5
5	4	7	9	1	3	8	2	6
3	6	9	8	5	2	1	7	4
4	8	6	3	2	1	7	5	9
2	9	3	5	7	6	4	6	1
7	1	5	4	8	9	2	6	3
9	5	4	7	3	8	6	1	2
8	3	2	1	6	5	9	4	7
6	7	1	2	9	4	5	3	8

Weather

BT BREAKFAST TELEVISION

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WEEKDAYS 5:30 AM

	TODAY	WEDNESDAY	THURSDAY
	MAX: 5° MIN: -2°	MAX: 0° MIN: -3°	MAX: -8° MIN: -14°

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C195 WebID: 10230760

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② Customer receives $80 Bonus Credit ($10/month for 8 months) with Auto-Pay signup.